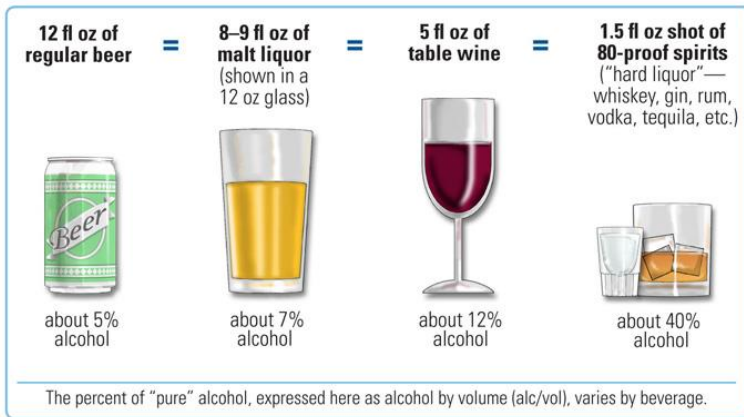


October 2014

DRINK RESPONSIBLY

Do you know what this means?



KNOW YOUR DRINK

It's not always obvious how much alcohol is really in your drink or how much you have consumed. Here's a quick reference to common beverages and how they compare.

[What is a standard drink?](#)

Healthy Amounts for Men and Women

Not all are created equal and it is important to know how much is too much when it comes to alcohol consumption.



Learn more about what's an appropriate amount of alcohol for you to consume and how to keep yourself healthy and safe!

[Low risk drinking](#)

Legal Limit

Know Yourself

Take some time to recognize your own drinking patters. If you feel you may be at risk and would like to make a change or seek out help there are many resources!

[Alcohol Screening](#)

[Info and Help Links](#)

The legal blood alcohol content in Montana is 0.08 g/dL and this depends on your sex, weight and the rate at which your drinking. Use a BAC calculator to make sure you're safe to drive!

[BAC calculator](#)

Montana has several safe drive home programs across the state. Simply tell your bartender to plan a ride for you!

[Safe Drive Home](#)

MT DPHHS